

The Structure of Human Movement



Body Parts

trunk	face	ankles
knees	arms	wrists
elbows	shoulders	head
legs	fingers	toes
hands	feet	hips
chin	nose	ears, etc.

Body Actions (What the body can do)

- A. Locomotor Movement (Movement that travels)
 - walk
 - slide
 - jump
 - gallop
 - skip
 - hop
 - roll
 - tiptoe
 - run
 - crawl
 - leap
 - cartwheel
- B. Non-locomotor Movement (Movement that stays in one place)
 - bend
 - fall
 - turn
 - melt
 - pull
 - float
 - balance
 - twist
 - sway
 - push
 - strike
 - rise
 - stretch
 - swing
 - curl
 - burst
 - shake
 - sink

Space (Where the body moves)

- A. Personal space
- B. General space
- C. Relation of the body to space
 - 1. Directions
 - forward, backward, sideways, diagonal, circular
 - 2. Levels
 - high, middle, low, airborne, sitting, kneeling, standing
 - 3. Pathways
 - straight, curved, spiral, zigzag, random, direct, indirect, angular, circular, linear
 - 4. Dimension (size)
 - large, medium, small
 - 5. Relation of body to others/environment
 - alone, partners, groups, matching, contrasting, mirroring, leading, following, near/far, over/under, toward/away, alike/different

Affectors (How the body moves)

- A. Shape
 - flat/curled, angular/straight, long/short, wide/narrow, symmetrical/asymmetrical, negative space/positive space
- B. Time
 - 1. breath time- fast/slow, gradual/sudden, regular/erratic, acceleration/deceleration, phrasing
 - 2. structural time-pulse beat, accent, duration, rhythmic pattern, phrasing
- C. Force, Effort, Energy
 - strong/light, tense/relaxed, hard/soft, sink/float, calm/agitated, burdened/carefree, listless/boisterous
- D. Flow
 - smooth/jerky, continuous/broken, simultaneous/alternating